

SECTION XIY.

MANAS,

OR

THE MIND

ARJUNA said:

1. This Yoga which Thou hast declared to be *by* equanimity, O Madhusudana, I see not a stable foundation for it, owing to restlessness ;—(vi. 33.)
2. For Manas is verily restless, O Krishna ! it is impetuous, strong, difficult to bend ; I deem it as hard to curb as the wind.—(vi. 34.)

SHRI BHAGAVAN said:

3. Without doubt, O mighty-armed, Manas is hard to* curb and restless ; but it may be curbed by constant practice and by indifference.—(vi. 35.)
4. Yoga is hard to attain, methinks, by a Self that is uncontrolled; but by the self-controlled it is attainable by properly directed energy.—(vi. 36.)
5. Abandoning without reserve all desires born of the imagination, by Manas curbing in the aggregate of the senses on every side,—(vi. 24.)
6. Little by little let him gain tranquility by means of Buddhi controlled by steadiness, having made Manas abide in the **Self**, let him not think of anything.—(vi. 25.)
7. As often as the wavering and unsteady Manas goeth forth, so often, reining it in, let him bring it under the control of the **Self**.—(vi. 26.)
8. Let him raise the Self by the **Self**, and not let the Self become depressed; for verily is the **Self** the friend of the Self, and also the **Self** the Self's enemy;—(vi. 5.)